Cowboy Up!

Count: 32 **Wall:** 4 **Level:** Intermediate/Advanced
Choreographer: Shannon Finnegan (USA)
Music: Bury the Shovel - Clay Walker

RIGHT SCUFF, STEP BACK, TWIST & TURN ½ RIGHT, CROSS-BACK-RIGHT, CROSS-BACK-LEFT

1-2	Scuff the right foot forward and hitch the knee, step back on the right foot into 5th dance position
3&	With weight on the balls of both foot swivel heels ¼ to the left, then return heels to center
4	Swivel heels to the left turning ½ turn right (facing 6:00) (Keep weight on the left.)
5&6	Cross the right foot over the left, step back on the left foot, step right with the right foot
7&8	Cross the left foot over the right, step back on the right foot, step left with the left foot

THREE KICK-CROSS-TOUCHES, TWIST & TURN ¼ LEFT

1	Kick the right foot forward
&2	Cross the right foot over the left, touch the left toe out to the left
3	Kick the left foot forward
&4	Cross the left foot over the right, touch the right toe out to the right
5	Kick the right foot forward
&6	Cross the right foot over the left, touch the left toe out to the left
7&	On the balls of both feet swivel heels to the right, return heels to center
8	Swivel heels turn to the right turning ¼ turn left (facing original 3:00)

SHUFFLE (LEFT-RIGHT-LEFT), STEP FORWARD, SPIRAL ¾, ROCK LEFT, VINE RIGHT (CROSS-STEP-CROSS)

1&2	Shuffle forward left-right-left
3	Step forward on the right foot
4	Pivot ¾ turn left on the ball of the right foot (facing 6:00)

During the pivot, leave the left foot in place as long as possible so that you end with the left foot over the right with the ankles crossed

5-6	Rock to the left on the left foot, recover weight onto the right foot
7	Cross the left foot over the right
&	Step right with the right foot
8	Cross the left foot behind the right

JUMPING JACKS (OUT-IN-KICK-CROSS-OUT-IN-KICK-CROSS), JUMP (OUT-IN-OUT-TURN ¼ RIGHT-BACK & STOMP)

1&	Jump out, feet shoulder width apart jump in (weight on the right foot)
2&	Kick the left foot forward, cross the left foot over the right.
3&	Jump out, feet shoulder width apart jump in (weight on the right foot)
4&	Kick the left foot forward, cross the left foot over the right.
5&	Jump out with feet shoulder width apart, jump in with feet together
6&	Jump out with feet shoulder width apart, jump in turning ¼ turn right (bring feet together).
7&	Jump back on the right foot while touching the left heel forward (heel jack), jump forward on the left foot
8	Stomp the right foot next to the left (don't take weight)

REPEAT

Here is a low impact version of the final 8 counts.

1&	Step right foot to the right side, touch left foot next to right
2&	Kick left foot forward, step to the right with the left foot crossing in front of the right
3&	Step right foot to the right side, touch left foot next to right

4&	Kick left foot forward, step to the right with the left foot crossing in front of the right
5&	Touch right toe out to the right side, touch right foot next to left foot
6&	Touch right toe out to the right side, pivot ¼ turn right and step right foot next to left
7&	Touch left heel forward, step down on left foot next to right foot
8	Stomp the right foot next to the left (don't take weight)